



Welcome to Sunnyvale Splash ...

... the City of Sunnyvale's Aquatics Program. We offer activities for the whole family—youth and adult swim lessons, and recreational swim.



Questions & Answers

Q: Where do I register for swim lessons?

Registration will be held at the Community Center through **June 15**. Refunds and transfers during this time may be requested at the Community Center. Beginning June 20, all registration will be handled at the individual pool sites during swim lesson times. Please call the pool to find out registration times at each of the facilities. No class registration, transfers or refunds will be processed at the Community Center.

Q: What level do I register my child for?

Read the descriptions provided in the **SWIM SKILL LEVELS** column at the right, and register your child for the class that sounds most like his or her level. If your child is an otter, seal or dolphin, you just need to register for Beginners. We'll test each child in the beginners class on the first day and then split them up according to level (otter, seals and dolphins). We do not test the more advanced swimmers. If you feel that your child is in the wrong class, please let the Pool Manager know so he or she can test your child for the proper level.

Q: What is the child to instructor ratio?

Tiny Tots Swim 4 to 1
Beginning (otters, seals and dolphins) generally 5 to 1
Level 3 and higher 6 to 1

Q: Why does the second week of each swim lesson session end on a Thursday?

This year we are introducing a new swim lesson format that will allow for an extended recreation swim every other Friday afternoon. Extended recreation swims will take place at all of our open pools from 1:30 p.m. to 4:00 p.m. on July 1, 15, 29 and August 12. Swim Lesson participants who sign up for the session prior to the date the extended recreation swim takes place will be given a voucher to allow them to enter recreation swim on the above dates at no cost. This will give swimmers an opportunity to show their family what they have learned.

Q: Does the pool close if it starts raining?

Generally, no. We will continue to hold swim lessons. We will continue to hold recreation swim if a substantial number of patrons stay in the pool. If there are only a few pool users during inclement weather, the Pool Manager may close the facility early. We will close the facility if there is lightning.

SWIM SKILL LEVELS

Parent & Tot

Parent & Tot is the first level in our learn-to-swim program. These classes give parents and children an opportunity to explore and become comfortable in a pool. The instructor will present daily skills and techniques for parents to use with their children. Participants are also given an opportunity to work on beginning swimming skills in preparation for a Tiny Tots or Beginner level swim class. Parents must stay in the water with their children, at a ratio of one parent per child.

Tiny Tots Swim

This class is designed for 3-year olds who are ready to transition from Parent & Tot swim classes. Skills covered will include assisted front and back floats, submerging to retrieve objects and an introduction to arm and leg actions for front and back crawl. Participants must be comfortable being in the water without a parent.

Beginner—Ages 4-16 (Levels 1-2)

- **Otters:** No swimming experience is necessary. Otters work on assisted front floats, back floats, and submerging for objects. Arm and leg actions for front crawl will be introduced, and water safety and pool rules will be discussed.
- **Seals:** These swimmers will work on unassisted front and back floats. Explorations of deep water, gliding, flutter kicking, and rhythmic breathing will also be the emphasis in Seals.
- **Dolphins:** These swimmers will begin to combine rhythmic breathing, arm motion, and kicking. Treading water, survival floating, and independent entry to the water will also be practiced in Dolphins.

Level 3 - Stroke Development

This level is designed to develop and improve coordination and stamina in the front crawl and back crawl. The body motion and kick associated with butterfly will also be introduced in this level. Students should have passed Dolphins (Level 2) to enroll.

Level 4 - Stroke Improvement

An advanced course designed to improve front crawl, back crawl, and butterfly. Elementary backstroke, breaststroke, and open turns will be introduced and practiced. Students should have passed Level 3 to enroll.

Level 5 - Stroke Refinement

Endurance and stroke refinement is the emphasis in Level 5. Sidestroke, flips turns, and shallow diving will be introduced to familiarize students with survival swimming and competitive swimming. Students should have passed Level 4 to enroll.

Level 6 - Fitness Swimmer

To refine strokes so students swim with more ease, efficiency, power, and smoothness over greater distances. Training techniques, principles, and equipment will be introduced to students in order to gain a better understanding of swimming for fitness. Students should have passed Level 5 to enroll.

Private Lessons (4-15 years)

Private lessons are available for those children who would prefer a one-on-one environment or would like their lessons tailored to specific skill and stroke building. All levels are welcome! Please contact the pool manager at either Washington Pool or Sunnyvale Middle School Pool directly to schedule your session. Available Monday-Friday or Monday-Thursday. **One-week sessions only.**



Q: If my child misses a swim lesson because he is sick or she is out of town, can they have a make-up class?

Unfortunately, we are not able to offer make-up lessons within our class structure.

Q: How warm is the pool?

All facilities in Sunnyvale are outdoor pools. They are heated to approximately 80-82° F. Although the outside air temperature may make it seem cooler, the pool temperature is consistently maintained regardless of the weather.

Q: Can I request a specific instructor for my child's lesson?

We cannot accommodate specific requests for instructors. The instructors rotate between levels and times. The Pool Manager does not know who will be teaching each class until the first day of the class.

Q: What if I am not happy with the program?

Please let the Pool Manager know right away. The Manager will try to resolve whatever might be the problem. The City of Sunnyvale has a refund policy which is explained on the registration page at the back of this guide.

Q: How old do children have to be to swim by themselves at Recreation Swim?

Children 7 years of age and older may be allowed into recreation swim without an adult. Children 6 and under must be accompanied by an adult into the facility as well as into the pool. Adults must stay within arms reach of children 6 years and under at all times while they are in the pool, however, we strongly advise that all parents closely monitor their child's activities in the pool, regardless of the child's age. This is especially true for beginner swimmers.

Q: Can my child wear a t-shirt in the pool?

For the safety of your child, and the maintenance of our pool, t-shirts and other street clothes are not allowed in the pool.

Q: What if I registered my child for the wrong level?

We will try to find an open class in the right level for your child. However, this may require that you switch times or pools. We will work with you to try and find the best solution for you and your child.

Q: Why does my child have to listen to safety skills each session?

Water safety instruction is an important facet of our learn-to-swim program. Our program is based on the Red Cross learn-to-swim program which requires instruction in water safety for each level of class. Although some students will hear the same information each time they take the same level class, we strongly believe that you can never have too much safety information.

Q: What if my child passes Level 3 and I have registered him or her for the whole summer in that level?

Please let the Pool Manager know before you leave the pool that day. The Manager will work with you to find a class to transfer your child into. However, transfers are not automatic. You must initiate it with the Pool Manager. In the event that we cannot find a suitable class for your child, he or she can either take the class that she is registered for again, or you may request a refund.

Q: Are lockers and showers available?

Yes, there are locker room facilities at each pool. Patrons must supply their own locks and towels. Showers are available for your use.

Q: Are there any health restrictions?

Persons suffering from infections or contagious disease and illnesses are not permitted in the pool or locker room areas.

Q: Can we bring a picnic to the pool?

Food and drinks are not permitted in the pool area. However, all of the pools are located in parks that are ideal for a picnic. We ask that you do not bring food, drinks, glass, sharp objects or tobacco products into the pool area.

Q: Will the class get to go on the Diving Board?

The last day of each session is Diving Board Day and every class will have the opportunity to jump off the board on that day. However, children who are not comfortable with this skill will not be required to go if they don't want to.

Q: Where are the pools in Sunnyvale?

- Columbia Park Pool
730 Morse Avenue
(408) 735-0852

- Lakewood Park Pool
680 Y... Drive
CLOSED SUMMER 2012
(408) 734-8190

- Sunnyvale Middle School Pool
1080 Mango Avenue
(408) 738-0770

- Washington Park Pool
255 S. Pastoria Avenue
(408) 736-0474

Additionally, The California Sports Center offers a wide range of aquatics programs to suit the needs of swimmers of all ages and abilities. For more information, see page 54.

Sunnyvale Swim Complex at Fremont High School
1238 Sunnyvale-Saratoga Road
(408) 732-2257

Q: What can I do to make swimming a safer experience for my child?

We strongly recommend that all parents and caregivers be certified in Community First Aid and CPR. This course is offered by the American Red Cross and teaches you what to do in an emergency.





Columbia Park Pool

No classes 7/4

Splash Special Event July 27 6:30pm-8:00pm

Parent & Tot (6mo-4yrs)

Have fun with your child learning to enjoy the water in a safe and comfortable environment. Parent involvement and safety are stressed. This class is offered to help children to become comfortable in and around the water. Fee per pair.

Fee (Res/NR)	===== >	\$83/\$104	\$74/\$91	\$83/\$104	\$83/\$104
Class Dates	===== >	6/18-6/28	7/2-7/12	7/16-7/26	7/30-8/9
Level	Day	Time	Class Number		
P/T	M-F	3:45pm-4:15pm	110000.AA	110000.BA	110000.CA 110000.DA
P/T	M-F	4:55pm-5:25pm	110000.AB	110000.BB	110000.CB 110000.DB

Tiny Tots Swim (3yrs)

This class is a good option for those children who have taken Parent and Tot, and are ready for the next step! In Tiny Tots Swim, participants will learn in small class sizes of no more than four swimmers, and will be instructed on beginner-level swimming skills. Participants should be comfortable in the water without a parent.

Fee (Res/NR)	===== >	\$83/\$104	\$74/\$91	\$83/\$104	\$83/\$104
Class Dates	===== >	6/18-6/28	7/2-7/12	7/16-7/26	7/30-8/9
Level	Day	Time	Class Number		
TT	M-F	4:20pm-4:50pm	110001.AA	110001.BA	110001.CA 110001.DA
TT	M-F	5:30pm-6:00pm	110001.AB	110001.BB	110001.CB 110001.DB

Group Lessons (4-15yrs)

Fee (Res/NR)	===== >	\$83/\$104	\$74/\$91	\$83/\$104	\$83/\$104
Class Dates	===== >	6/18-6/28	7/2-7/12	7/16-7/26	7/30-8/9
Level	Day	Time	Class Number		
Beg	M-F	3:45pm-4:15pm	120011.AA	120011.BA	120011.CA 120011.DA
Beg	M-F	4:20pm-4:50pm	120011.AB	120011.BB	120011.CB 120011.DB
Beg	M-F	4:55pm-5:25pm	120011.AC	120011.BC	120011.CC 120011.DC
Beg	M-F	5:30pm-6:00pm	120011.AD	120011.BD	120011.CD 120011.DD
3	M-F	5:30pm-6:00pm	120013.AA	120013.BA	120013.CA 120013.DA
4/5	M-F	4:55pm-5:25pm	120024.AA	120024.BA	120024.CA 120024.DA

Columbia Recreation Swim

6/18 – 8/12

Sa & Su, 1:30pm-4:00pm

M-F, 2:00pm-3:30pm*

*Extended hours (1:30pm-4:00pm) on 6/29, 7/13, 7/27 & 8/10

Closed July 4

Youth Fee (under 18):	\$0.50 (Res)	\$3 (Non-Res)
Adult Fee:	\$1.50 (Res)	\$4 (Non-Res)

Sunnyvale Middle School Pool

No classes 7/4

Splash Special Event August 10 6:30pm-8:00pm

Parent & Tot (6mo-4yrs)

Have fun with your child learning to enjoy the water in a safe and comfortable environment. Parent involvement and safety are stressed. This class is offered to help children become comfortable in and around the water. Fee per pair.

Fee (Res/NR)	===== >	\$90/\$113	\$79/\$99	\$90/\$113	\$90/\$113
Class Dates	===== >	6/18-6/28	7/2-7/12	7/16-7/26	7/30-8/9
Level	Day	Time	Class Number		
P/T	M-F	4:10pm-4:40pm	110300.AA	110300.BA	110300.CA 110300.DA
P/T	M-F	5:20pm-5:50pm	110300.AB	110300.BB	110300.CB 110300.DB

Tiny Tots Swim (3yrs)

This class is a good option for those children who have taken Parent and Tot, and are ready for the next step! In Tiny Tots Swim, participants will learn in small class sizes of no more than four swimmers, and will be instructed on beginner-level swimming skills. Participants should be comfortable in the water without a parent.

Fee (Res/NR)	===== >	\$90/\$113	\$79/\$99	\$90/\$113	\$90/\$113
Class Dates	===== >	6/18-6/28	7/2-7/12	7/16-7/26	7/30-8/9
Level	Day	Time	Class Number		
TT	M-F	3:00pm-3:30pm	110301.AA	110301.BA	110301.CA 110301.DA
TT	M-F	3:35pm-4:05pm	110301.AB	110301.BB	110301.CB 110301.DB
TT	M-F	4:45pm-5:15pm	110301.AC	110301.BC	110301.CC 110301.DC

Group Lessons (4-15yrs)

Fee (Res/NR)	===== >	\$90/\$113	\$79/\$99	\$90/\$113	\$90/\$113
Class Dates	===== >	6/18-6/28	7/2-7/12	7/16-7/26	7/30-8/9
Level	Day	Time	Class Number		
Beg	M-F	10:00-10:30am	120311.AA	120311.BA	120311.CA 120311.DA
Beg	M-F	10:35-11:05am	120311.AB	120311.BB	120311.CB 120311.DB
Beg	M-F	11:10-11:40am	120311.AC	120311.BC	120311.CC 120311.DC
Beg	M-F	3:00pm-3:30pm	120311.AD	120311.BD	120311.CD 120311.DD
Beg	M-F	3:35pm-4:05pm	120311.AE	120311.BE	120311.CE 120311.DE
Beg	M-F	4:10pm-4:40pm	120311.AF	120311.BF	120311.CF 120311.DF
Beg	M-F	4:45pm-5:15pm	120311.AG	120311.BG	120311.CG 120311.DG
Beg	M-F	5:20pm-5:50pm	120311.AH	120311.BH	120311.CH 120311.DH
3	M-F	3:35pm-4:05pm	120313.AA	120313.BA	120313.CA 120313.DA
3	M-F	5:20pm-5:50pm	120313.AB	120313.BB	120313.CB 120313.DB
4	M-F	3:00pm-3:30pm	120314.AA	120314.BA	120314.CA 120314.DA
5	M-F	4:45pm-5:15pm	120315.AA	120315.BA	120315.CA 120315.DA
6	M-F	4:10pm-4:40pm	120316.AA	120316.BA	120316.CA 120316.DA

Sunnyvale Middle School Pool Recreation Swim

6/18 – 8/10, Monday thru Friday, 12:45pm-2:45pm

*Extended hours (1:30pm-4:00pm) on 6/29, 7/13, 7/27 & 8/10
(Closed July 4)

Youth Fee (under 18):	\$2 (Res)	\$3 (Non-Res)
Adult Fee:	\$3 (Res)	\$4 (Non-Res)
Youth Pass, 10 admissions:	\$19 (Res)	\$29 (Non-Res)
Adult Pass, 15 admissions:	\$42 (Res)	\$56 (Non-Res)



Washington Park Pool

No classes 7/4

Splash Special Event July 13 6:30pm-8:00pm

Pre-Summer Swim Lessons (4-15years)

Take advantage of this pre-summer, beginning level swim class (Otters, Seals & Dolphins). Participants will be grouped with those of similar ability. Water safety and swim instruction will be provided. Please bring a swimsuit, towel and sunblock. HURRY, SPACE IS LIMITED!

**NEW
CLASS**

Class #	Age	Dates	Day	Time	Fee (Res/NR)
120410.AA	4-15yrs	6/11-6/14	MTh	5:00pm-5:30pm	\$20/\$25
120410.AB	4-15yrs	6/11-6/14	MTh	5:30pm-6:00pm	\$20/\$25
120410.AC	4-15yrs	6/11-6/14	MTh	6:00pm-6:30pm	\$20/\$25

Parent & Tot (6mos-4yrs)

Have fun with your child learning to enjoy the water in a safe and comfortable environment. Parent involvement and safety are stressed. This class is offered to help children become comfortable in and around the water. Fee is per pair.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
610400.AA	6mos-4yrs	5/1-5/24	TuTh	3:45pm-4:15pm	\$79/\$99
610411.AA	6mos-4yrs	5/5-5/26	Sa	10:00am-10:30am	\$40/\$50
610411.AB	6mos-4yrs	5/5-5/26	Sa	11:10am-11:40am	\$40/\$50
110401.AA	6mos-4yrs	6/18-6/28	M-F	10:45am-11:15am	\$90/\$113
110401.AB	6mos-4yrs	6/18-6/28	M-F	11:30am-12:00pm	\$90/\$113
110401.BA	6mos-4yrs	7/2-7/12	M-F*	10:45am-11:15am	\$79/\$99
110401.BB	6mos-4yrs	7/2-7/12	M-F*	11:30am-12:00pm	\$79/\$99
110401.CA	6mos-4yrs	7/16-7/26	M-F	10:45am-11:15am	\$90/\$113
110401.CB	6mos-4yrs	7/16-7/26	M-F	11:30am-12:00pm	\$90/\$113
110401.DA	6mos-4yrs	7/30-8/9	M-F	10:45am-11:15am	\$90/\$113
110401.DB	6mos-4yrs	7/30-8/9	M-F	11:30am-12:00pm	\$90/\$113
110401.EA	6mos-4yrs	8/13-8/17	M-F	10:45am-11:15am	\$49/\$61
110401.EB	6mos-4yrs	8/13-8/17	M-F	11:30am-12:00pm	\$49/\$61
110411.AA	6mos-4yrs	6/23-7/14	Sa	10:05am-10:35am	\$40/\$50
110411.AB	6mos-4yrs	6/23-7/14	Sa	11:25am-11:55am	\$40/\$50
110411.AC	6mos-4yrs	6/23-7/14	Sa	12:00pm-12:30pm	\$40/\$50
110411.BA	6mos-4yrs	7/21-8/11	Sa	10:05am-10:35am	\$40/\$50
110411.BB	6mos-4yrs	7/21-8/11	Sa	11:25am-11:55am	\$40/\$50
110411.BC	6mos-4yrs	7/21-8/11	Sa	12:00pm-12:30pm	\$40/\$50

*No class 7/4

Swim Tiny Tot (3years)

This beginning aquatics class is for our young swimmers who have had little or no experience in the water. Small class sizes are designed to make little swimmers feel comfortable in the water without Mom or Dad, while working on fundamental beginning aquatic skills. Bring a swimsuit, towel and sunblock.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
610401.AA	3yrs	5/1-5/24	TTh	4:55pm-5:25pm	\$79/\$99
610413.AA	3yrs	5/5-5/26	Sa	10:35am-11:05am	\$40/\$50
610413.AB	3yrs	5/5-5/26	Sa	11:10am-11:40am	\$40/\$50
110403.AA	3yrs	6/18-6/28	M-F	9:00am-9:30am	\$90/\$113
110403.AB	3yrs	6/18-6/28	M-F	1:50pm-2:20pm	\$90/\$113
110403.BA	3yrs	7/2-7/12	M-F*	9:00am-9:30am	\$79/\$99
110403.BB	3yrs	7/2-7/12	M-F*	1:50pm-2:20pm	\$79/\$99
110403.CA	3yrs	7/16-7/26	M-F	9:00am-9:30am	\$90/\$113
110403.CB	3yrs	7/16-7/26	M-F	1:50pm-2:20pm	\$90/\$113
110403.DA	3yrs	7/30-8/9	M-F	9:00am-9:30am	\$90/\$113
110403.DB	3yrs	7/30-8/9	M-F	1:50pm-2:20pm	\$90/\$113
110403.EA	3yrs	8/13-8/17	M-F	9:00am-9:30am	\$49/\$61
110403.EB	3yrs	8/13-8/17	M-F	1:50pm-2:20pm	\$49/\$61
110413.AA	3yrs	6/23-7/14	Sa	10:05am-10:35am	\$40/\$50
110413.AB	3yrs	6/23-7/14	Sa	10:50am-11:20am	\$40/\$50
110413.AC	3yrs	6/23-7/14	Sa	12:00pm-12:30pm	\$40/\$50
110413.BA	3yrs	7/21-8/11	Sa	10:05am-10:35am	\$40/\$50
110413.BB	3yrs	7/21-8/11	Sa	10:50am-11:20am	\$40/\$50
110413.BC	3yrs	7/21-8/11	Sa	12:00pm-12:30pm	\$40/\$50

*No class 7/4





Group Lessons (4-15yrs)

Location: Washington Park Pool

Fee (Res/NR)	Class Dates	Time	Class
===== >	===== >		
Level	Day	Time	Class
			Number
Beg	TuTh	3:45pm-4:15pm	620411.AA
Beg	TuTh	4:20pm-4:50pm	620411.AB
Beg	TuTh	4:55pm-5:25pm	620411.AC
Beg	TuTh	5:30pm-6:00pm	620411.AD
Beg	Sa	10:00am-10:30am	620441.AA
Beg	Sa	10:35am-11:05am	620441.AB
Beg	Sa	11:45am-12:15pm	620441.AC
3	TuTh	4:20pm-4:50pm	620413.AA
3	TuTh	5:30pm-6:00pm	620413.AB
3	Sa	11:45am-12:15pm	620443.AA

Fee (Res/NR)	Class Dates	Time	Class
===== >	===== >		
Level	Day	Time	Class
			Number
Beg	M-F	9:00am-9:30am	120421.AA
Beg	M-F	9:35am-10:05am	120421.AB
Beg	M-F	10:10am-10:40am	120421.AC
Beg	M-F	10:45am-11:15am	120421.AD
Beg	M-F	11:30am-12:00pm	120421.AE
Beg	M-F	1:15pm-1:45pm	120421.AF
Beg	M-F	1:50pm-2:20pm	120421.AG
3	M-F	9:35am-10:05am	120423.AA
3	M-F	10:10am-10:40am	120423.AB
3	M-F	11:30am-12:00pm	120423.AC
3	M-F	1:15pm-1:45pm	120423.AD
3	M-F	1:50pm-2:20pm	120423.AE
4	M-F	10:45am-11:15am	120424.AA
4	M-F	1:15pm-1:45pm	120424.AB
5	M-F	10:10am-10:40am	120425.AA
5	M-F	1:50pm-2:20pm	120425.AB
6	M-F	9:35am-10:05am	120426.AA
6	M-F	1:15pm-1:45pm	120426.AB

Evening Classes

Fee (Res/NR)	Class Dates	Time	Class
===== >	===== >		
Level	Day	Time	Class
			Number
Beg	M-Th	6:30pm-6:55pm	120431.AA
Beg	M-Th	7:00pm-7:25pm	120431.AB
Beg	M-Th	7:30pm-7:55pm	120431.AC
3	M-Th	6:30pm-6:55pm	120433.AA
4	M-Th	7:00pm-7:25pm	120434.AA
5	M-Th	7:30pm-7:55pm	120435.AA

Fee (Res/NR)	Class Dates	Time	Class
===== >	===== >		
Level	Day	Time	Class
			Number
Beg	Sa	10:05am-10:35am	120441.AA
Beg	Sa	10:40am-11:10am	120441.AB
Beg	Sa	11:25am-11:55pm	120441.AC
Beg	Sa	12:00pm-12:30pm	120441.AD
3	Sa	10:40am-11:10am	120443.AA
4	Sa	11:25am-11:55pm	120444.AA

End of Summer Group Lessons

M-F classes from 8/13-8/17, with Fee of \$49/\$61 (Res/NR)

Level	Day	Time	Class
			Number
Beg	M-F	9:00am-9:30am	120421.EA
M-F	9:35am-10:05am	120421.EB	120423.EA
M-F	10:10am-10:40am	120421.EC	120423.EB
M-F	10:45am-11:15am	120421.ED	120424.EA
M-F	11:30am-12:00pm	120421.EE	120423.EC
M-F	1:15pm-1:45pm	120421.EF	120423.ED
M-F	1:50pm-2:20pm	120421.EG	120423.EE

Water Polo (10-15years)

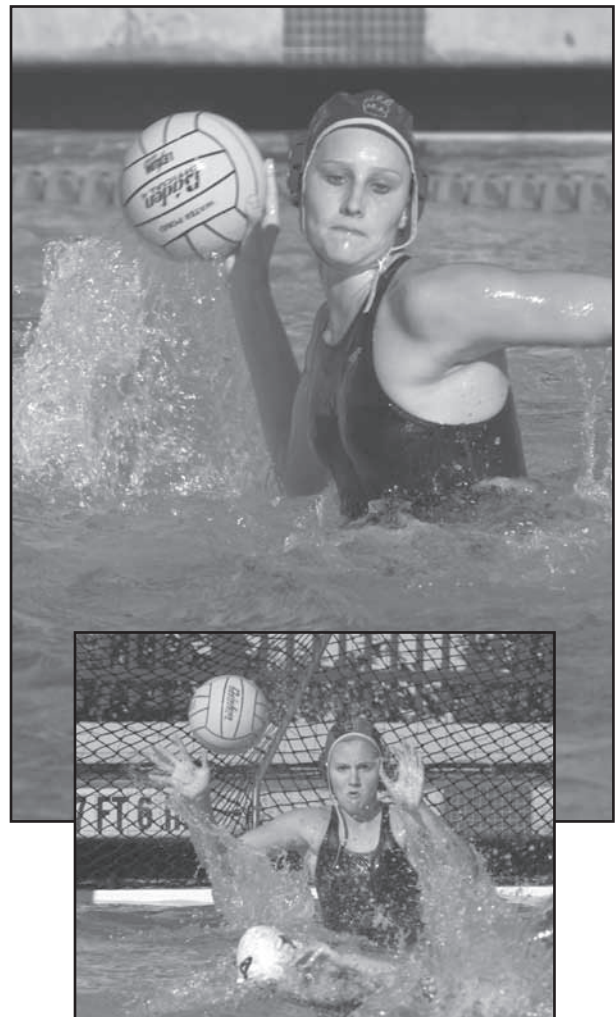
This class will teach the basics of this popular Olympic sport. Each session will cover the game rules, basic strategy, swimming skills and include practice games. Students should be able to swim one pool length, using front and back crawl with ease.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
120430.AA	10-15yrs	6/18-6/28	M-F	12:00pm-1:00pm	\$88/\$110
120430.BA	10-15yrs	7/2-7/12	M-F*	12:00pm-1:00pm	\$70/\$88
120430.CA	10-15yrs	7/16-7/26	M-F	12:00pm-1:00pm	\$88/\$110
120430.DA	10-15yrs	7/30-8/9	M-F	12:00pm-1:00pm	\$88/\$110

*No class 7/4





Water Exercise (16yrs & older)

Splash into an exciting workout and enjoy the benefits of water exercise! This class is a great way to increase cardiovascular fitness, muscle strength, endurance, and flexibility. Relieve stress and have fun while making new friends. Open to all fitness levels. No swimming skills are necessary. Water walkers/joggers welcome. Teens 13-15 may register with a parent or guardian. You also have the option of purchasing a drop-in punch card on-site during any class date and time. Punch cards are \$90 for 12 workouts.

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640470.BA	16yrs&older	4/30-5/25	MWF	5:30pm-6:30pm	\$66/\$83
640470.AA	16yrs&older	5/5-5/26	Sa	8:00am-9:00am	\$26/\$33
140460.AA	16yrs&older	5/30-6/15	MWF	5:15pm-6:15pm	\$52/\$65
140460.BA	16yrs&older	6/18-7/13	MWF*	5:15pm-6:15pm	\$72/\$90
140470.AA	16yrs&older	6/23-7/14	Sa	8:30am-9:30am	\$26/\$33
140460.CA	16yrs&older	7/16-8/10	MWF	5:15pm-6:15pm	\$78/\$98
140470.BA	16yrs&older	7/21-8/11	Sa	8:30am-9:30am	\$26/\$33
140460.DA	16yrs&older	8/13-8/31	MWF	5:30pm-6:30pm	\$59/\$74

*No class 7/4

Group Lessons (16yrs & older)

This class is open to all participants from first time swimmers to more advanced swimmers desiring skills and techniques coaching. American Red Cross Certification may be obtained for specific lessons.

Class #	Level	Dates	Day	Time	Fee (Res/NR)
640420.AA	16yrs&older	5/1-5/24	TuTh	6:00pm-6:30pm	\$79/\$99
640450.AA	16yrs&older	5/5-5/26	Sa	9:15am-9:45am	\$40/\$50
140420.AA	16yrs&older	6/19-7/12	TuTh	5:45pm-6:15pm	\$111/\$146
140450.AA	16yrs&older	6/23-7/14	Sa	9:30am-10:00am	\$56/\$70
140420.BA	16yrs&older	7/17-8/9	TuTh	5:45pm-6:15pm	\$111/\$146
140450.BA	16yrs&older	7/21-8/11	Sa	9:30am-10:00am	\$56/\$70

CPR Pro Recertification (15years & older)

This class is the American Red Cross course designed to recertify participants who are currently certified in American Red Cross CPR for the Professional Rescuer, and approaching the expiration date for their certification. This 3 hour course will require participants to pass a physical skills demonstration in CPR Pro skills, as well as pass the written CPR and AED portions of the ARC Lifeguard Training exam with an 80% or higher. Participants must arrive at the pool with a CPR pocket mask, and be prepared to complete all skills upon arrival as a review will not be provided with this course. One-and two-day classes are nonrefundable and nontransferable.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640442.AA	15yrs&older	5/12	Sa	9:00am-12:00pm	\$75/\$94
640442.AB	15yrs&older	5/26	Sa	9:00am-12:00pm	\$75/\$94

Washington Pool Recreation Swim

6/2 – 8/26, Saturday & Sunday, 1:30pm-4:00pm

6/18 – 8/17, Monday - Friday, 2:30pm-5:00pm*

*Extended hours (1:30pm-5:00pm) on 6/29, 7/13, 7/27 & 8/10

Labor Day 3-Day Weekend, 9/3 – 9/5, 1:30pm-4:00pm

Youth Fee (under 18):	\$2 (Res)	\$3 (Non-Res)
Adult Fee:	\$3 (Res)	\$4 (Non-Res)
Youth Pass, 10 admissions:	\$19 (Res)	\$29 Non-Res)
Adult Pass, 15 admissions:	\$42(Res)	\$56 (Non-Res)

Lifeguard Recertification (15years & older)

This class is the American Red Cross course designed to recertify participants who are currently certified in American Red Cross Lifeguard Training and First Aid, and approaching the expiration date for their certification. This 4 hour course will require participants to pass a physical skills examination in lifeguarding rescue skills and first aid, as well as pass the written lifeguarding and first aid portions of the ARC Lifeguard Training exam with an 80% or higher. Participants must arrive at the pool with a swim suit and towel, and be prepared to complete all skills upon arrival, as a review will not be provided with this course. One-and two-day classes are nonrefundable and nontransferable.

Instructor: Staff

Location: Washington Park Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640441.AA	15yrs&older	5/12	Sa	1:00pm-5:00pm	\$95/\$119
140441.AA	15yrs&older	6/3	Sa	1:00pm-5:00pm	\$95/\$119

Lifeguard Training (15years & older)

This class is the American Red Cross course to become a certified lifeguard. It will include training and certification in First-Aid and CPR for the Professional Rescuer. Attendance and participation at all class sessions is mandatory. Participants must be at least 15 years old and pass a skills test on the first day that includes a 300 yard swim, as well as a timed event with a 10lb. brick. Fee includes all books, certification, and a pocket mask. Participants must bring their pocket mask and book (provided at the first class meeting), swimsuit and towel to each class meeting. Anyone who does not meet the minimum requirements on the first day will be provided with a refund.

Fee: \$265 Res/\$315 Non res **Instructor:** Staff

Class: #640440.LC **Age:** 15yrs&older

Dates and Times: 4/29 Su and 5/5 Sa - 8:00am-5pm

4/30-5/4 M, T, W, Th, F - 9am-5pm

